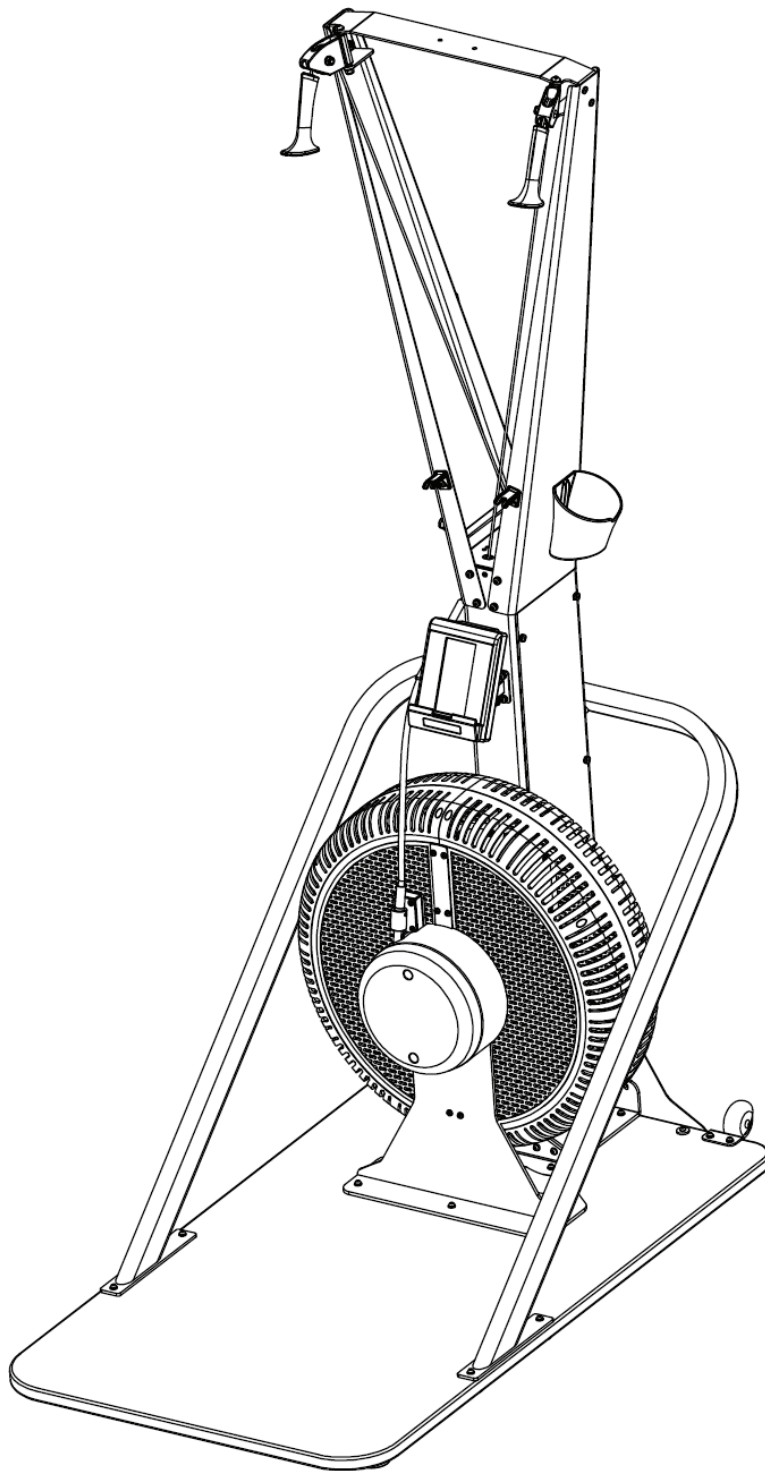


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CONTACT INFORMATION

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1. BEFORE YOU START

It is the sole responsibility of the purchaser of PLAE products to read the owner's manual, warning labels and instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment. It is recommended that all users of PLAE exercise equipment be informed of the following information prior to its use. PLAE recommends that all commercial fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access-controlled area. Control is the responsibility of the facility owner. The extent of control is at the discretion of the owner.

1.1 SAFETY INSTRUCTIONS

Proper Usage

- Do not use any PLAE Performance equipment in any way other than designed or instructed.
- PLAE Inc. is not responsible for injuries or equipment issues arising from unauthorized use or ignoring the guidance provided.
- All users are responsible for assessing their own physical capabilities and using the machine accordingly. Misuse voids all implied liability.
- The product must be correctly assembled and tested before operation.
- Do not use the machine with air cover/shrouds removed.
- Keep hands and feet clear of moving parts at all times to avoid injury.
- The equipment must be installed indoors in a location free of moisture and dust.
- Regularly check operation and component parts of the machine. Securely tighten any loose fittings or connections. To ensure that the safety level of this ski trainer is maintained, examine components for wear and tear on a regular basis. Components that are excessively worn or inoperable should be replaced immediately or the ergometer should be put out of use until it is repaired
- Routinely protect all metal and plastic surfaces with Lanolin Spray. Spray onto a cloth and wipe surfaces.
 - Note: Do not apply Lanolin directly to the machine.
- It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all PLAE equipment

Check for Damaged Parts

- DO NOT use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by PLAE.
- MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact PLAE or your re-seller for a replacement.
- SECURING EQUIPMENT: All equipment MUST be installed on a solid, level surface to stabilize and eliminate rocking or tipping over. Ensure leveling feet are set properly and locked into position.
- MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.

Specific Operating Warning

- The maximum weight supported by the PLAE SKI Trainer is 160kg/353lbs. Do not exceed maximum user weight.
- Only one user at a time is permitted to use the PLAE SKI Trainer.
- Children under the age of 12 are not allowed to use the machine.
- Always operate the equipment in accordance with these instructions.
- Do not spill food or drink on the product.
- Keep pets away from this machine.



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Specific Operating Warning (cont)

- Never drop or insert any object into any opening on this machine.
- Routinely inspect all bolts, nuts and fixings are secure. Tighten where needed.
- Routinely check the machine for smooth operation, feeling for loose parts, rough bearings or belts, and listen for any abnormal noises like squeaks or clunks.
- Do not allow users to wear loose fitting clothing while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
- Keep children away from all exercise machines. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
- UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, ASK FOR CLARIFICATION FROM PLAE PERSONNEL OR THE EQUIPMENT RESELLER.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

1.2 DANGER

- Do not wet the surface of the PLAE SKI Trainer with any liquids. Cleaning involves only the use of a fine mist sprayer or a damp cloth.
- Any liquid container in proximity to the PLAE SKI Trainer must have a tight-fitting cap or lid. Do not use the PLAE SKI Trainer if a liquid has been spilt on any surface.

1.3 ATTENTION

- Please consult your physician before commencing any exercise program.
- Clearance must be obtained from a health professional if suffering from any of the following health conditions of the user:
 - Pregnancy
 - Heart Disease
 - High Blood Pressure
 - Diabetes
 - Chronic Respiratory Disease
 - High cholesterol
 - Cigarette related or other chronic disease
 - Physical disability
- Stop exercising immediately if you are experiencing any of the following symptoms: dizziness, chest pain, nausea, or any other health abnormality during exercise. Please consult your physician before continuing the exercise.
- A qualified engineer or recognized service agent must conduct any repair or maintenance work.

1.4 WARNING

- The PLAE SKI Trainer is user powered. The user controls the speed of movement.
- There is no emergency stop function in the PLAE SKI Trainer.
- Every user must become familiar with the mechanism and functions before using the PLAE SKI Trainer.
- Ensuring entry to the PLAE SKI trainer is via the rear.
- The PLAE SKI Trainer must be installed on a hard, level surface.
- Keep hands away from all moving surfaces and components.
- Do not allow a towel or clothing to become caught in the moving surface of the PLAE SKI Trainer.
- Do not wear high heels. Shoelaces must be secured.
- Examine the PLAE SKI Trainer regularly for safe operation.



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1.4 WARNING (CONT)

- Do NOT remove below warning label from the machine:



2. INSTALLATION AND ASSEMBLY

2.1 TECHNICAL SPECIFICATIONS

- The PLAE SKI Trainer does not require any electrical wall outlet. The PLAE SKI Trainer is a non-motorized product.
- The PLAE SKI Trainer uses uniquely patented Variable Pitch Resistance (AIR) to provide an unprecedented wide and user-controlled resistance range.

Dimensions

- Product: 139cm(L) x 77cm(W) x 215cm(H) / 54.5" x 30" x 84.5"

2.2 INSTALLATION AND PRECAUTIONS

Installation

- It is important that the PLAE AIR SKI Trainer is correctly assembled, and we recommend that installation and assembly shall be carried out by suitably qualified personnel.

Precautions

- Before assembling, make sure that you have enough space around the machine.
- Use the supplied tools for assembling.
- Before assembling, please check whether all the supplied parts are available.
- It is recommended that this machine is assembled by two or more persons to avoid any injuries or damage to the machine.

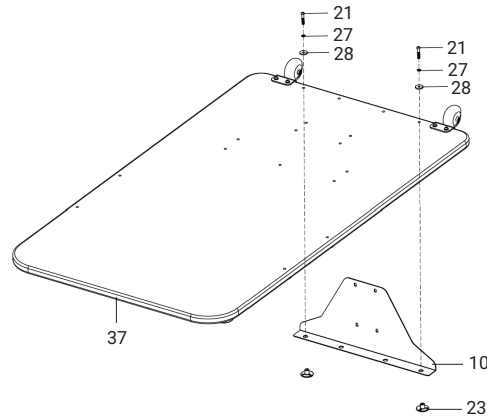


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2.3 ASSEMBLY STEPS

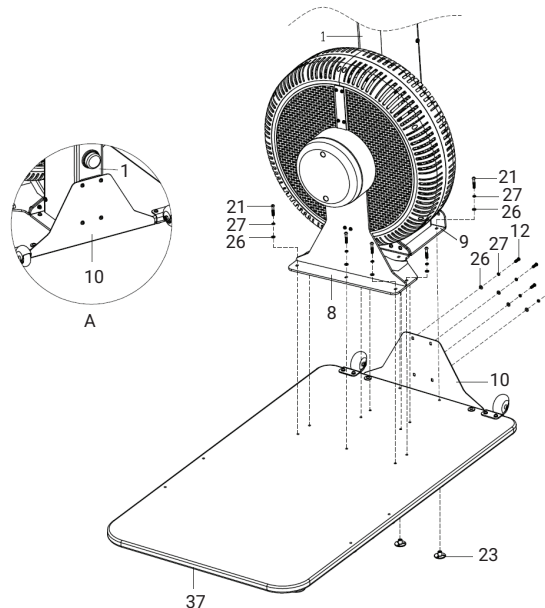
STEP 1

1. Insert the 2 T-nuts (23) into the 2 outside holes of L-shape Reinforcement Plate (10)
2. Align the T-nuts (23) and L-shape Reinforcement Plate (11) with predrilled holes on the bottom of the Main Timber Base (37) from the rear, then lock with 2 sets of M6*35 bolts (21), spring washers (27) and flat washers (28) from the top of the Base.



STEP 2

1. Insert another 2 T-nuts (23) into the L-shape Reinforcement Plate (10) and Main Timber Base (37) from the bottom
2. Place the Main Frame (1) on the Main Timber Base (37) aligning with the L-shape Plate and predrilled holes as shown below (see Fig. A), pre-lock L shape reinforcing plate (10) to Main Frame (1) with M6*20 bolts (12), spring washers (27) and flat washers (26)
3. Lock Support Plate (8) and U-shape bracket (9) on Main Timber Base (37) with M6*35 bolts (21), spring washer (27) and flat washer (26) respectively
4. Securely lock all the bolts.

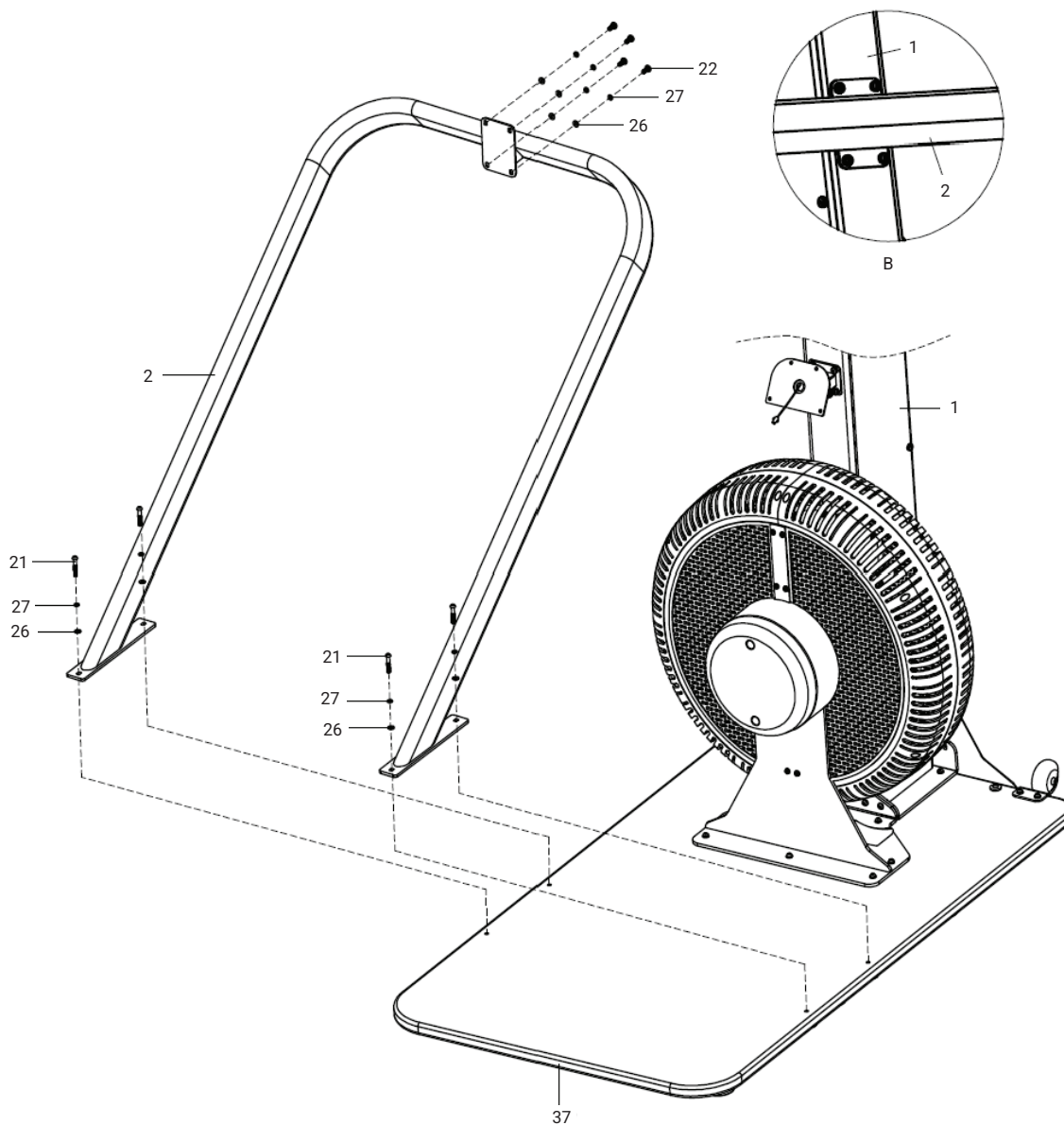


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2.3 ASSEMBLY STEPS (CONT)

STEP 3

1. Place Support U-frame (2) around Main Frame (1) to Timber Base (37), align the holes (see Fig. B) and pre-lock it to the main frame (1) with M6*15 bolts (22), spring washers (27) and flat washers (26)
2. Lock the U-frame to the timber base with 4 sets M6*35 bolts (21), spring washers (27) and flat washers (26)
3. Check and securely lock all the bolts.



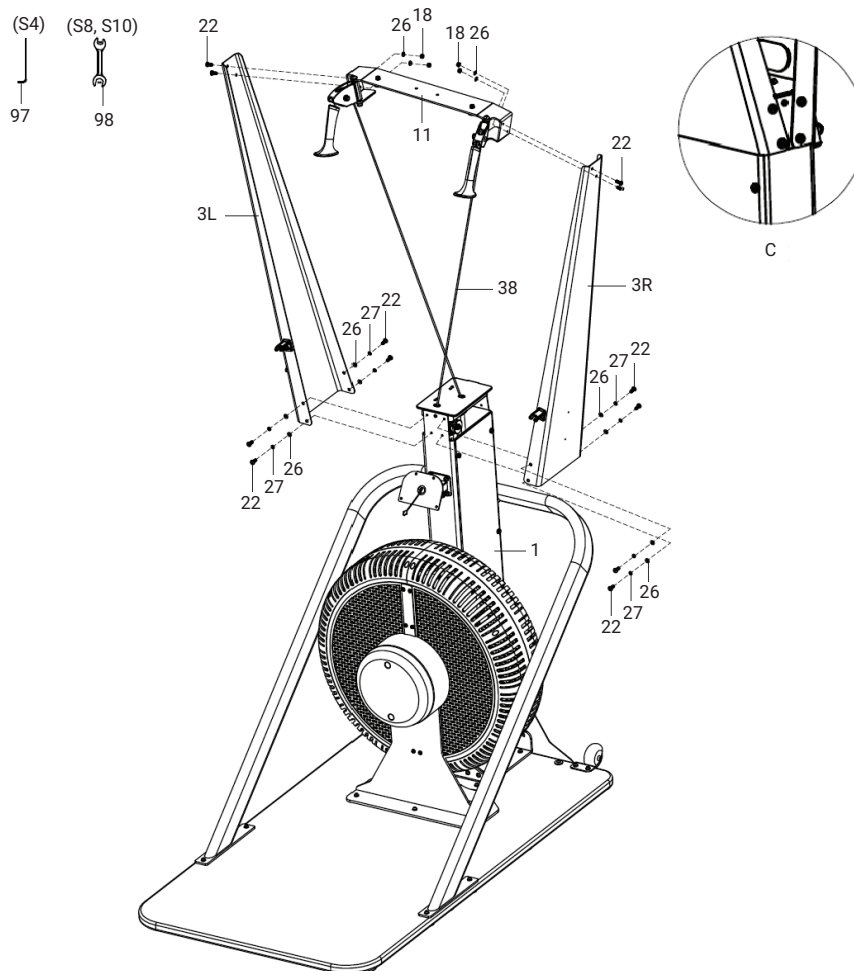


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2.3 ASSEMBLY STEPS (CONT)

STEP 4

1. Lay the pre-assembled Main Frame assembly on its back on the floor
2. Pre-lock Left/Right Top Frames (3L/3R) to the top section of main frame (1) with 4 sets M6*15 bolts (22), spring washers (27) and flat washers (26) as indicated below (see Fig. C)
3. Pull Top Bracket (11) assembly with Drive Cords (38) towards the top end of Left/Right Top Frame (3L/3R), ensure the 2 pull handles facing front and align the holes to lock with 4 sets M6*15 bolts (22), flat washers (26) and Nyloc nuts (18)
 - *NOTE – Be mindful with the 2 drive cords (41) to ensure they are not twisted together and can run smoothly on their own.
4. Put the machine back to the upright position and securely lock all the bolts/nuts to ensure all parts are aligned and connected properly.



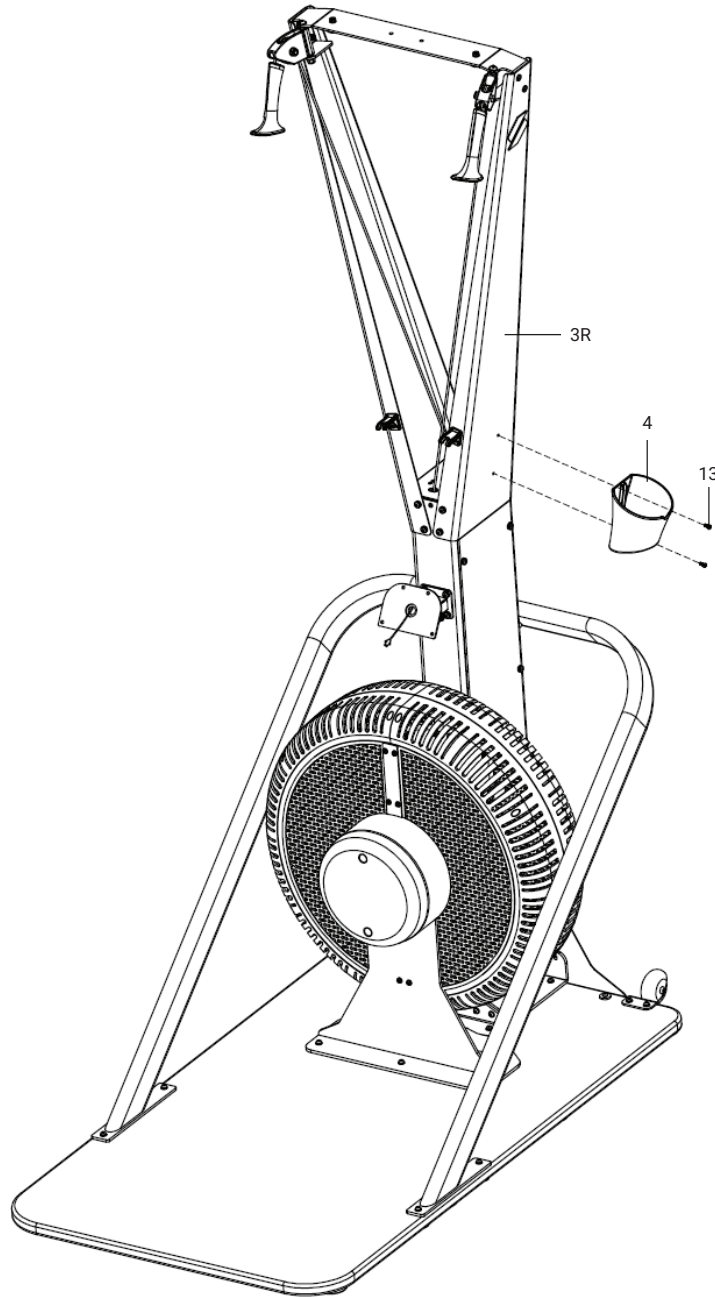


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2.3 ASSEMBLY STEPS (CONT)

STEP 5

1. Lock the Bottle Holder (4) to the right side of Top Frame (3R) with 2pcs M4*10 screws (13).



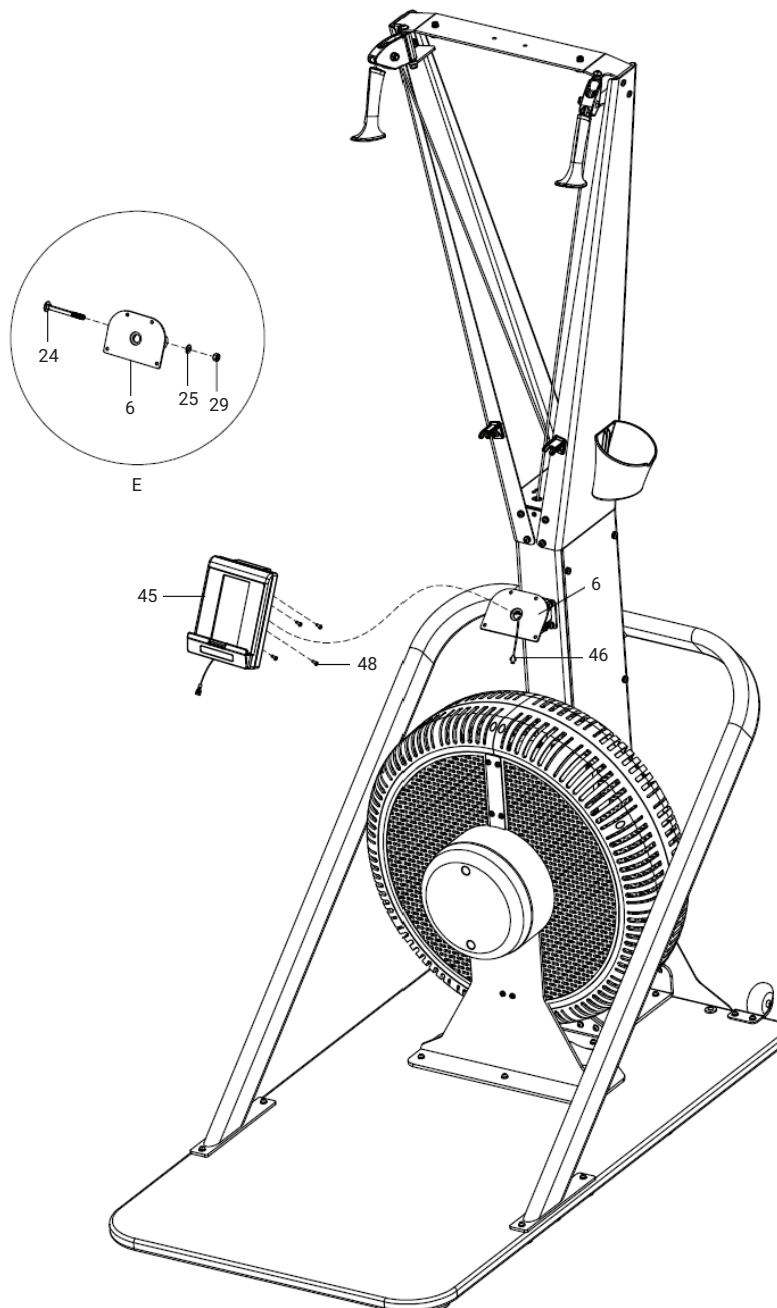


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2.3 ASSEMBLY STEPS (CONT)

STEP 6

1. Insert the Speed Sensor Wire (46) to the back port of Console (45)
2. Lock Console (45) to Console Bracket (6) with 4 sets of M4 bolts (48)
3. Recheck all bolts and nuts to ensure they are securely locked, then the machine is ready for your workout.





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3. INSTRUCTIONS FOR USE

The PLAE AIR SKI Trainer is designed with double-rope technique to drive the unique air fan wheel resistance for a full-body exercise. Before you start the workout, make sure the machine is on a stable and level floor. Remember to warm up for 5-10 min for easy skiing.

Recommended instruction for usage but not limited to:

1. Set your stance comfortable and stable, i.e. feet standing on the timber deck with shoulder-width apart, hands hold the 2 drive ropes at about eye level.
2. Drive the rope handles down by engaging your core and bending your knees, keep your arm bent and the handles close to your face as they travel down, then finish with knees slightly bent and arms fully extended down alongside your thighs.
3. Smoothly bring your arms back up and straighten your body to return to the starting position.

WARNING!

- Do not use the machine with shrouds/covers removed.
- Do not place anything on or over the air cover.
- Never release the handles when they are fully pulled out.
- Consult a physician before starting a new exercise program.
- For your first time, ski easily for no more than 5 minutes to let your body adjust.

4. MAINTENANCE

Like any other mechanical training machines, the PLAE AIR SKI Trainer should be maintained regularly.

DAILY MAINTENANCE

- Daily cleaning and inspection, and lubrication will keep the PLAE AIR SKI Trainer in optimal condition.
- Listen out for any unusual noise and loose components. Do not ignore but address the issue immediately.
- The following is the recommended maintenance schedule. In environments with severe pollution, the frequency of inspections and maintenance should be increased.

WEEKLY MAINTENANCE

- Clean the frame and plastic surfaces with a soft cloth or brush. Do not use abrasive cleaning materials or brushes.
- Protect all metal surfaces with Lanolin Spray. Spray onto a cloth and wipe surfaces.
*NOTE: Do not apply Lanolin to grips, footplate, or any internal components.
- Clean the console with a soft cloth.
- Check all moving parts operating freely and optimally. If required, tighten the loose components.

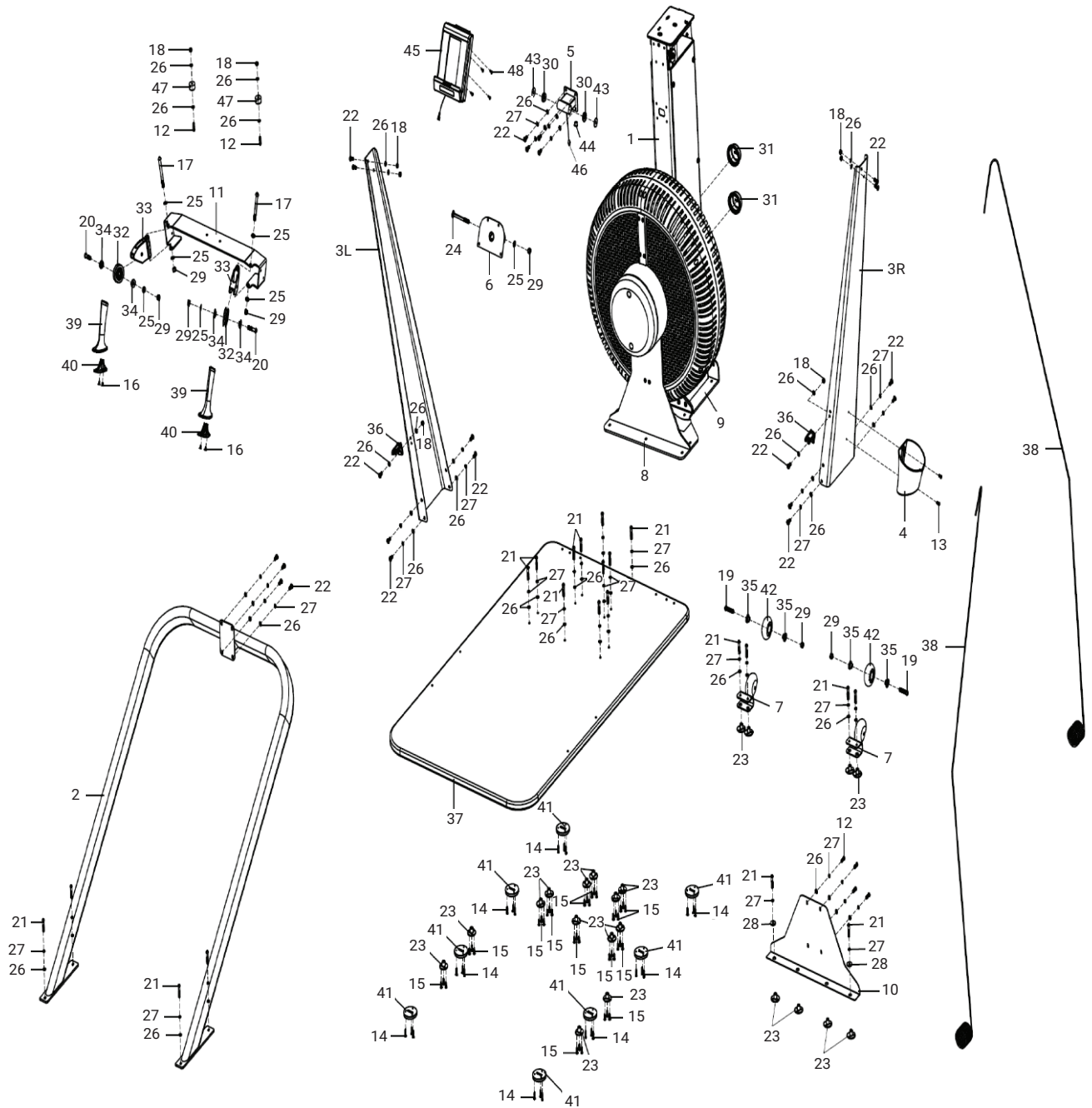
SIX MONTHLY MAINTENANCE

- Check belt tension. Call a service agent if in doubt.
- Inspect main frame bolts.

TWELVE MONTHLY MAINTENANCE

- Tighten main frame bolts and feet bolts.

5. EXPLODED DIAGRAM





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6. Parts List

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main Frame Assembly	1	37	Main Timber Base	1
2	U-Frame	1	38	Nylon drive cord	2
3L	Left Top Frame	1	39	Drive Cord Handle	2
3R	Right Top Frame	1	40	Handle End Cap	2
4	Bottle Holder	1	41	Timber Base Cushion pad	8
5	Console Mast	1	42	Transport Wheel	2
6	Console Bracket	1	43	Rubber Washer	2
7	Transport Wheel bracket	2	44	Wire Grummet	1
8	Turbine Support plate	1	45	Console	1
9	U-shape bracket	1	46	Speed Sensor/Wire	2
10	L-shape reinforcing plate	1	47	Rubber Stopper	2
11	Top bracket	1	48	Philips Pan Head Screw M4	4
12	Hex pan head bolt M6*20	6	49	Wrench 13 & 15	1
13	Philips pan head bolt M4*10	2	50	Main Frame Side Cover	1
14	Self-tapping screw ST4.2*20	38	51	Tensioner Wheel Bracket	1
15	Self-tapping screw ST4.2*19	39	52	Air Turbine Wheel	1
16	Self-tapping screw ST3.5*12	4	53	Hex head bolt M6*6	4
17	Hex Pan Head Screw M8*85	2	54	Self-tapping screw ST4.2*12	3
18	Nyloc Nut M6	19	55	Hex Pan head with cushion bolt M5*20	16
19	Pan Head Screw M8*40	2	56	Hex Pan Head Screw M8*16	2
20	Pan Head Screw M8*35	8	57	Hex Pan Head Screw M6*23	4
21	Hex Pan Head Bolt M6*35	21	58	Hex Pan Head Screw M6*18	12
22	Hex Pan Head Bolt M6*15	32	59	Philips head bolt M6*20	8
23	T-Nut	21	60	Philips head screw M5*10	2
24	Sqaure neck bolt M8*85	1	61	Countersunk Screw M5*10	3
25	Flat washer $\Phi 8.2 \times \Phi 16 \times 1.5$	17	62	Flat washer $\Phi 12.2 \times \Phi 24 \times 2$	1
26	Flat washer $\Phi 6.2 \times \Phi 13 \times 1.5$	88	63	Flat washer $\Phi 8.2 \times \Phi 25 \times 2$	2
27	Spring washer D6	73	64	Spring washer D8	2
28	Flat washer $\Phi 6.2 \times \Phi 22 \times 3$	2	65	Wave Washer	2
29	Nyloc nut M8	13	66	Nut M12*1*H6	2
30	Alloy Washer for Console Mast	2	67	Flange Nut M12*1*H11	1
31	Shaft Cap	2	68	Bearing 6003ZZ	8
32	Top Rope Pulley 50mm	4	69	One-way Bearing HF1716	2
33	Rop Pulley Bracket	2	70	Magnet	6
34	Plastic spacer	8	71	Circlip for hole D55	4
35	Bearing 608ZZ	4	72	Circlip for shaft D17	1
36	Plastic fixed seat	2	73	Timing Pulley Flange	1



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6. PARTS LIST (CONT)

NO.	DESCRIPTION	QTY
74	Spacer bush $\Phi 10 \times \Phi 6.1 \times 4$	8
75	Drive Shaft	1
76	Spacer bush $\Phi 22 \times \Phi 17.1 \times 31$	1
77	Spacer bush $\Phi 22 \times \Phi 17.1 \times 36$	1
78	Spacer bush $\Phi 22 \times \Phi 17.1 \times 18$	1
79	Spacer bush $\Phi 22 \times \Phi 17.1 \times 13$	1
80	Timing Belt Pulley	1
81	Shroud Locking Plate	1
82	Turbine Shaft	1
83	Shaft spacer $\Phi 22 \times \Phi 17.1 \times 133.2$	1
84	Weight Block	6
85	Spacer bush $\Phi 22 \times \Phi 17.1 \times 21$	1
86	Spacerbush $\Phi 22 \times \Phi 17.1 \times 46$	2
87	Rope Guide Rob	1
88L	Left Turbine Shroud	1pr.
88R	Right Turbine Shroud	1pr.
90	Main Frame plastic top Cover	1
91	Rope Spool	1
92	Bungee Cord	2
93	Pulley 38mm	8
94	Timing Belt	1
95	Tensioner Wheel	1
96	Speed Sensor Holder	1
97	Allen Key S4	1
98	Wrench 8 & 10	1
99	Philip screwdriver	1



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7.1 DISPLAY

Universal Programable Console to suit all PLAE Performance AIR machines. Machine Type programmed in background to automatically activate appropriate machine specific workout performance calculations and display data.

DISPLAY:

- Auto Start Up with Backlit Screen (2 x D cell batteries).

POWER (Watts) / SPEED (kph/mph)

Simultaneously Displays

- Large Display of Current Operating POWER in Watts on the Bionic, Cycle, Row, Ski and TreadSled Sled Drive. When the TreadSled is being used in a normal Run/Walk mode (without the turbine being activated) POWER SPEED (km/hr, or mile/hr) is displayed, which represents the equivalent speed that would be achieved when running on a flat treadmill without the curve incline, based on the user power actually being exerted to effectively run uphill on the curve (note that the actual raw belt speed is constantly displayed in the bottom left hand console window). The TreadSled automatically reverts to Power (Watts) during the Sled Drive mode, when the turbine resistance is activated. The default POWER SPEED calculation is based on a default user weight of 100kg, so to increase the accuracy of the POWER SPEED metric the user can input their personal body weight by simultaneously holding down the START and CAL buttons, modify the kg value using the up and down buttons and then pressing ENTER. This also changes the calorie display from cal/kg to calories.
- Current and Total Workout Average Watts/Speed. Current and Total Interval Workout Watts/Speed.
- Current and Final Max Workout Watts/Speed

GEAR (Performance + AIR series only)

- Gear level displayed (Levels 1 to 10)
- 100 calibrated finite gear levels calculate watts and other data in the background.

TIME

- Large Workout or Current Interval Elapsed or Programmed Target Time Countdown Display.
- Intra-Interval Rest time counts down
- Displays Cumulative Intervals completed. (interval count ends when STOP button activated to end workout).

INTERVALS

- Programable Interval Work and Rest Time. Activate INTERVAL key to first enter interval EXERCISE time (adjust with the up/down keys), then press ENTER to allow you to enter the desired interval REST time and then press ENTER again. Press START to begin 3 second countdown to begin EXERCISE time countdown.
- Counts Cumulative Intervals completed (interval count ends when STOP button activated to end workout).

HEART RATE

- Current Heart Rate detected from Bluetooth or ANT+ Heart Rate Transmitter.

PACE

- Treadmill/Cycle/Bionic - Pace / KM (1000m).
- Row/Ski - Pace/500m

To view your average pace after a workout, press the STOP key once to end the session, then press the STOP key a second time.



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7.1 DISPLAY (CONT.)

DISTANCE

- Cumulative or Programmed Target Countdown Meters

RPM / SPEED

- Cycle/Bionic - Pedal Cadence RPM
- Row/Ski - Strokes per minute
- Treadmill - Running Speed (km/hr or miles/hr).

CALORIES

- Cycle/Bionic/Row/Ski - Cumulative or Programmed Target Calories Countdown.
- Treadmill - CAL/KG - Cumulative Calories per kg of body weight.

Entering user weight in kg (via START+CAL) changes to absolute cumulative calories.

BLUETOOTH

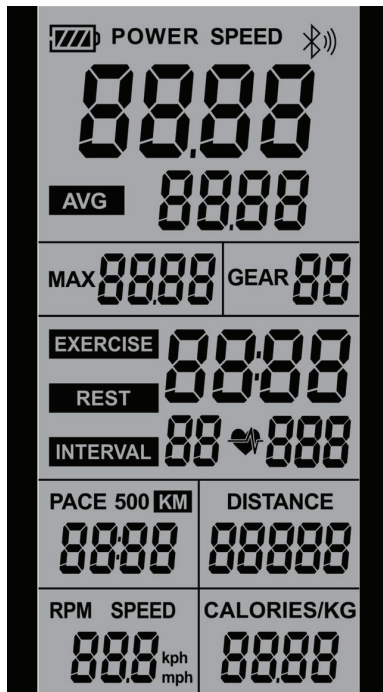
- Press and hold to activate
- Transmits workout data to third party Apps.

SOFTWARE UPDATES

- Via Bluetooth from file download to email or any message Application.

CALIBRATION

- 1-99 gear calibration on AIR and AIR models





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7.2 PLAE CONSOLE TECHNICAL GUIDE

*Note: This is one console for all machines.

MPH to KPH

1. Press and hold ARROW RIGHT key for three seconds.
2. Toggle the value between 0 or 1.
 - (0)=KPH, (1)=MPH
3. Press ENTER to confirm selection.

CONSOLE MACHINE SELECTION PROCEDURE

1. Press any key to power the console up
2. Simultaneously press and hold ENTER + START keys for 3 seconds
3. Use UP + DOWN arrow keys to select desired machine (see list for relevant machine code)
4. Once the desired machine code is flashing, hit ENTER to select that machine

CALIBRATION PROCEDURE

1. Press any key to power the console up
2. Simultaneously press and hold ENTER + STOP keys for 3 seconds
3. Adjust the turbine pitch to the lightest setting
4. Press ENTER key
5. Adjust the turbine pitch to the heaviest setting
6. Press ENTER key
7. Then wait and the console will restart - the calibration procedure is now complete

TEST MODE PROCEDURE

1. To enter test mode whereby the console will show 1 to 99 gears as opposed to 1 to 10 gears
2. Simultaneously press and hold ENTER + INTERVAL keys for 3 seconds

7.3 CONSOLE SOFTWARE UPDATE PROCEDURE (USING BLUETOOTH OTA)

iOS PROCEDURE

1. Go to Apple App Store.
2. Search for and download the SUNRISE OTA App to your device.



3. Ensure you have already downloaded the latest .BIN software file to your device.
4. Press any key to power the console up.
5. Simultaneously press and hold ARROW UP + ARROW DOWN keys for 3 seconds to enter the program update mode. The console will display OTA once successful.
6. Open the SUNRISE OTA App on your device and allow Bluetooth access when prompted.
7. Click the SCAN BLUETOOTH button. The app will search for nearby Bluetooth devices.
8. Select the available device named CRW-XXXX for pairing. Once successfully paired, a small Bluetooth symbol will be displayed in the upper right corner of the console.



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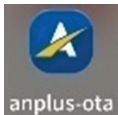
7.3 CONSOLE SOFTWARE UPDATE PROCEDURE (CONT)

iOS PROCEDURE (CONT)

9. Click the START TO LOAD button on the App, then select the relevant previously downloaded .BIN software file for loading.
10. Click the START TO UPDATE button on the App. The console will start updating the new software.
11. When the progress bar reaches 100%, the console will emit a beep and restart, indicating a successful update.
12. Go to the CONSOLE MACHINE SELECTION PROCEDURE above and follow steps 1-4 to ensure the correct machine code is selected to match the machine the console is fitted to.
13. Go to the CALIBRATION PROCEDURE above and follow steps 1-7 to ensure the console is correctly calibrated.

ANDROID PROCEDURE

1. Go to Google Play Store.
2. Search for and download the ANPLUS-OTA App to your device.



3. Ensure you have already downloaded the latest .BIN software file to your device.
4. Press any key to power the console up.
5. Simultaneously press and hold ARROW UP + ARROW DOWN keys for 3 seconds to enter the program update mode. The console will display OTA once successful.
6. Open the ANPLUS-OTA App on your device and allow Bluetooth access when prompted.
7. Click the SCAN BLUETOOTH button. The app will search for nearby Bluetooth devices.
8. Select the available device named CRW-XXXX for pairing. Once successfully paired, a small Bluetooth symbol will be displayed in the upper right corner of the console.
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10. Click the START TO UPDATE button on the App. The console will start updating the new software.
11. When the progress bar reaches 100%, the console will emit a beep and restart, indicating a successful update.
12. Go to the CONSOLE MACHINE SELECTION PROCEDURE above and follow steps 1-4 to ensure the correct machine code is selected to match the machine the console is fitted to.
13. Go to the CALIBRATION PROCEDURE above and follow steps 1-7 to ensure the console is correctly calibrated.

7.4 MACHINE CODES

1A	Row AIR AIR+	(4 blade adjustable pitch)
1C	Row AIR	(Standard Row - no pitch adjustment)
2A	Ski AIR AIR+	(4 blade adjustable pitch)
2C	Ski AIR	(Standard Ski - no pitch adjustment)
3A	Cycle AIR AIR+	(4 blade adjustable pitch)
3C	Cycle AIR	(Standard Cycle - no pitch adjustment)
4A	Performance AIR AIR+	(4 blade adjustable pitch)
4C	Bionic AIR	(Standard Bionic - no pitch adjustment)
5A	Tread/Sled AIR AIR+	(4 blade adjustable pitch)



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7.4 MACHINE CODES (CONT)

5B	Tread/Sled AIR	(Standard Tread/Sled - no pitch adjustment)
5C	Curved Treadmill AIR	(No Turbine/Sled)

DUTY OF CARE ACKNOWLEDGEMENT: I acknowledge and understand that the fitness equipment being supplied by PLAE to our Facility must be used correctly and that incorrect use could potentially result in injury. Accordingly, as part of our 'Duty of Care', I understand that it is our responsibility to ensure:

1. That all equipment users, prior to using the equipment, must receive a comprehensive induction, by a qualified fitness professional, in the correct use and safe operation of the fitness equipment. As part of the equipment induction process, we must ensure that patrons are made aware of the safety 'Warning' labels on each machine and that reference is made to the exercise Instructional Placards fitted to equipment.
2. It is understood that many of the machines can be used for a wide range of exercise options, making it impossible to provide an instructional placard for every exercise option & variant. Accordingly, the equipment purchaser acknowledges that it is the responsibility of the exercise facility to instruct and supervise users in the safe, correct and appropriate use of these machines.

*NOTE: Any piece of fitness equipment is capable of being pulled over if used incorrectly. It is the buyer's responsibility to determine if they wish to fix the equipment to the floor.